



Grasmere Academy

Learn • Flourish • Achieve

Child friendly Safeguarding Policy

Date adopted by governors: March 2026

Committee: Health, Safety and Safeguarding

Review date: March 2027

Feeling safe and happy at school

At Grasmere Academy, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at keeping children safe, and what you can do when you think you are being abused, or when you think someone else is being abused.

We can help you by:

- Teaching you what safeguarding is.
- Teaching you what to do if you feel worried or scared.
- Making sure you know who you can speak to if you are worried.

If you don't understand something or have any questions about what you read, please ask your teacher for help.



Adults in school agree that to make sure they look after you they will:

- Make the school a friendly, welcoming and supportive place.
- Be there to talk to you if you need help or support.
- Adults will help you to learn how to look after yourself both online and in the real world.
- School will have rules that will help keep you safe.

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What does safeguarding mean?

Safeguarding is protecting children to make sure they are safe, happy and to prevent harm to a child.

Safeguarding means that staff will:

- Protect you from harm and keep you safe while you are at school.
- Make sure that nothing stops you being healthy or developing properly.
- Make sure that you are looked after.
- Make sure that you have the best life chances and can grow up happy and successful.

We will make sure that the school is a friendly, welcoming and supportive place to spend time in, making it somewhere you want to be.

We want you know who to ask for help, and will plan lessons and assemblies to help you know how to look after yourself online and in the real world.

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Staying safe

If you are worried about something you can talk to an adult in school. This could be your teacher or any other staff member. We will provide a safe environment for you to learn in as we want to make sure you remain safe, at home as well as in school. If you need to talk, we will listen.

We respect you and want to keep you safe, so we will do our best to help you to make progress in your learning and to be happy. We will also teach you how to recognise risks and how to stay safe.



We think it is important for you to know where to get help if you are worried or unhappy about something, and we will do our best to spot if there is a problem.

We will listen to you if you want to talk to us or need our help, and we will always take you seriously. Please remember:

- You are important to us.
- It's never your fault if someone is hurting or abusing you.
- There is always someone that can help you and you will not be in trouble.
- If someone (a child or adult) is hurting you, they may also be hurting someone else, so it is important that you tell someone to make it stop and know that you will be kept safe.
- Every child should enjoy the right to a happy and safe childhood, do not be scared to tell someone if there is anything worrying you.
- Your body belongs to you and not to anyone else. This means all of your body. If someone touches you on a part of your body like your bottom, chest or anywhere else you do not like, it is not ok.
- Secrets such as surprise parties are fun, but some secrets are not good and should never be kept. Bullying should not be a secret and no-one should ask you to keep a hug, kiss or touch a secret. You should always tell a trusted adult if someone asks you to keep a secret you are not comfortable with.
- Presents are a good thing to get, but you should not take a present from anyone without checking with your friends or teachers first. Most of the time this will be ok, but sometimes people try to trick children into doing something by giving them presents (like sweets, money or phones) This is sometimes called a bribe. If it does not seem right tell a trusted adult.

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Who to talk to

It's important that you tell someone you trust if someone is:

- Bullying you.
- Saying things to you that make you feel upset or uncomfortable.
- Touching a part of your body you do not like.
- Hitting or hurting you.
- Taking your things.
- Sending unkind messages on the internet or to your phone.

It is important you **tell someone** as soon as you think that you are being abused, or you think that someone else being abused.

Speaking to someone like your parent, carer or teacher will mean that we can make sure the **abuse stops** and doesn't happen again.

DSL stands for **Designated Safeguarding Lead**. In every school there is always somebody who has the responsibility to keep you safe and all staff have to tell that person if they are worried about you.

Staff have training and are taught how to keep children safe as it is the most important part of their job.

The list below shows the people at our school that you can speak to:

- Mrs Lilico
- Miss Girvan
- Miss Winship



If you wish to seek further help, you can call or visit:

- Childline on 0800 11 11 or visit www.childline.org.uk
- NSPCC on 0800 800 5000 or visit www.nspcc.org.uk
- Kidscape on 020 7730 3300 or visit www.kidscape.org.uk
- Youth Access on 020 8772 9900 or visit www.youthaccess.org.uk
- <https://www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-yp/>

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Bullying

Bullying is a type of abuse that takes place when someone tries to hurt another person on purpose. People can be bullied in many different ways:

Emotional bullying includes hurting someone's feelings, by leaving them out or bossing them about. People can sometimes use emotional bullying to take advantage of you to get their own way by making threats or making you feel like you have to do something for them.

Physical bullying can include hitting, kicking, shaking, biting, hair pulling or purposely hurting someone.

Verbal bullying can include insulting someone because of how they look or because of their personality, and can often go beyond that. People can also use verbal bullying to be **racist, sexist or homophobic**.

Racist bullying is bullying someone because of their race, skin colour, the country they are from or the religion they believe in.

Homophobic bullying means bullying someone because of their sexuality; calling someone gay or lesbian to hurt their feelings would be homophobic.

Sexist bullying is bullying someone because of their gender; bullying someone because they are a boy or a girl would be sexist.



Cyberbullying includes any kind of bullying which takes place online; cyberbullies send insulting messages over the internet and sometimes share secret information online to hurt someone's feelings.

Bullying is not always done by one person and can often involve a group of people 'ganging up' on someone – if you ever see someone being bullied, **never** join in and **always** tell a teacher.

The bully could be one of your peers, an older or younger child or an adult. It's important that you tell someone if you think you are being bullied.

Internet safety



Internet safety is an important part of keeping children safe at school and home. We have lots of safety measures in place which we keep you safe online in school.

Computers and mobile phones help us all to share things and talk to friends or family, but they can also make it easier for bullies and other people to hurt you or to get close to you. It is important to know how to keep yourself safe on your computer, your phone and on websites. Never give anybody any details about yourself like your full name, phone number, age or address.



The school will help if you are sent unkind messages or if someone on the internet has asked you to do anything that has made you feel uncomfortable.

- If you are unhappy with any comments or photographs you've seen on your computer or mobile, you can tell a staff member in school.
<https://www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-yp/>

We have a Child internet safety Policy which is there to protect you.

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Relationships

Any relationship you have should be positive and make you feel safe, happy and comfortable. A negative relationship might make someone feel scared, confused, worried and even unsafe.

It is really important that you know the difference between a positive relationship and a negative relationship.

Positive relationships

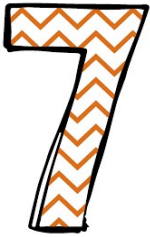
- You are **comfortable** around that person.
- You can be **honest** with that person.
- You can say how you **feel** and what you are **thinking**, and you **listen** to each other.
- You **support** each other and treat each other **well**.
- You feel **safe**.
- You **trust** that person.
- You do **helpful things for each other**.
- You are **never pressured** to do anything that makes you feel uncomfortable.
- You feel **looked after**.

Negative relationships

- The person might **push** you, **hit** you or **break** your things.
- The person might **tell you what to do**, what to wear or who you can see.
- You might feel **scared** – they might say they will hurt you if you don't do something.
- The person might **make threats** or do harmful things if you do something they did not want you to do.
- The person **calls you names**, makes you feel bad in front of other people and makes you **feel bad about yourself**.
- The person gets **angry easily** and you don't know what will make them angry – it might make you feel **nervous**.
- The person might **pressure** you to do things **you don't want to do** or are not ready for.



- The person **might not take no for answer** when you say you don't want to do something.



School buildings and the playground

All school staff will do their best to make sure the building is safe for you to learn in and spend time in. We will make sure that all the gates/doors are closed and you are safe.

We will make sure that you know who everyone is in school by asking visitors to sign in when they arrive at school. You will always know who a visitor to the school is because they will have a lanyard or badge to wear.

If you see someone acting suspiciously or trying to gain access to school grounds who you do not know you should tell a teacher. The teachers may then ask you to remain in the school building/stay in the building where you cannot be seen.

People that we do not know will never be allowed to spend time with you on your own and they will not be allowed to walk around the school without a member of staff.

The building, outside areas and fields will be as safe as they can be for you so that you don't hurt yourself, although accidents can happen if you are not careful! Staff will look after you if the fire alarm goes off. You must follow the staff sensibly out of the building to the fire assembly point. When you leave school to go on a trip somewhere, the staff will make sure they can keep you safe.

Let's make Grasmere Academy a happy place!